

Cardio and Strength Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:10 AM			PowerTone Andrea				
	6:10 AM		321Hiit Andrea		HiLo Power Nicole		Power Tone Andrea	
	7:10 AM							
	8:10 AM		Power Tone Sue	Zumba Leslie	MultiStep Liz	HiLo Power Kristi		
	9:10AM			Step Liz		Zumba Leslie	HiLo Power Nicole	Pilates Patti
	9:10AM Gymnasium		Turbokick Liz	Power Tone Erica	Turbokick Jessica		Power Tone Wendy	
	10:10 AM						Zumba Tiffany	Zumba Patti
	5:30 PM			321Hiit Express Liz				
	6:10 PM		Zumba Katrina	Turbokick Liz	Zumba Patti	Power Tone Farron		
	7:10 PM		Step Andrea	Zumba Tiffany		Cardio Pump Patti		
	8:10 PM							
9:10 PM						Zumba Katrina		

Mind Body & Senior Fitness Classes		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM					Yoga Megan		
	8:10 AM							
	9:10 AM		Barre Sheri		Barre & Pilates Sheri			
	10:10 AM	Yoga 10:00am Mandy 90 minutes	Yoga Mandy	PaddleBoard Pilates (10am) Sarah		Yoga Wendy		
	11:10 AM		SilverSneakers Classic Christi	SilverSneakers Yoga Christi	SilverSneakers Circuit Sheri	SilverSneakers Yoga Megan	SilverSneakers Classic Andrea	
	12:10 PM					Tai Chi Connie		
	7:10 PM				Pilates Patti			
8:10 PM		Pilates Patti	Yoga Megan	Yoga Megan	Yoga Mandy			

KIDS 5-12		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:15pm		Zumba 4 kids (ages 5+) Christi	Yoga 4 kids (ages 5+) Megan	Skills & Drills 4 kids (ages 5+) Christi			

CYCLE		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:10 AM			CYCLE Andrea		CYCLE Andrea		
	7:10 AM				CYCLE Liz			CYCLE Adrienne 7:30-9am
	8:10 AM							
	9:10 AM		CYCLE Adrienne	CYCLE Janene		CYCLE Wendy		
	10:10AM				CYCLE Sheri			
	6:10 PM		CYCLE Farron					
7:10 PM						CYCLE Farron		

CYCLE- You may register online up to 1 week in advance. Arrive early to check in at the Front Desk to receive a disc to confirm your reservation. Download App Audio and bring headphones to be able to fully participate in the class. Water and a towel are also recommended.

All instructors and formats are subject to change without notice. Some classes may be cancelled or added without notice. For up to date info follow us on Facebook and Instagram.